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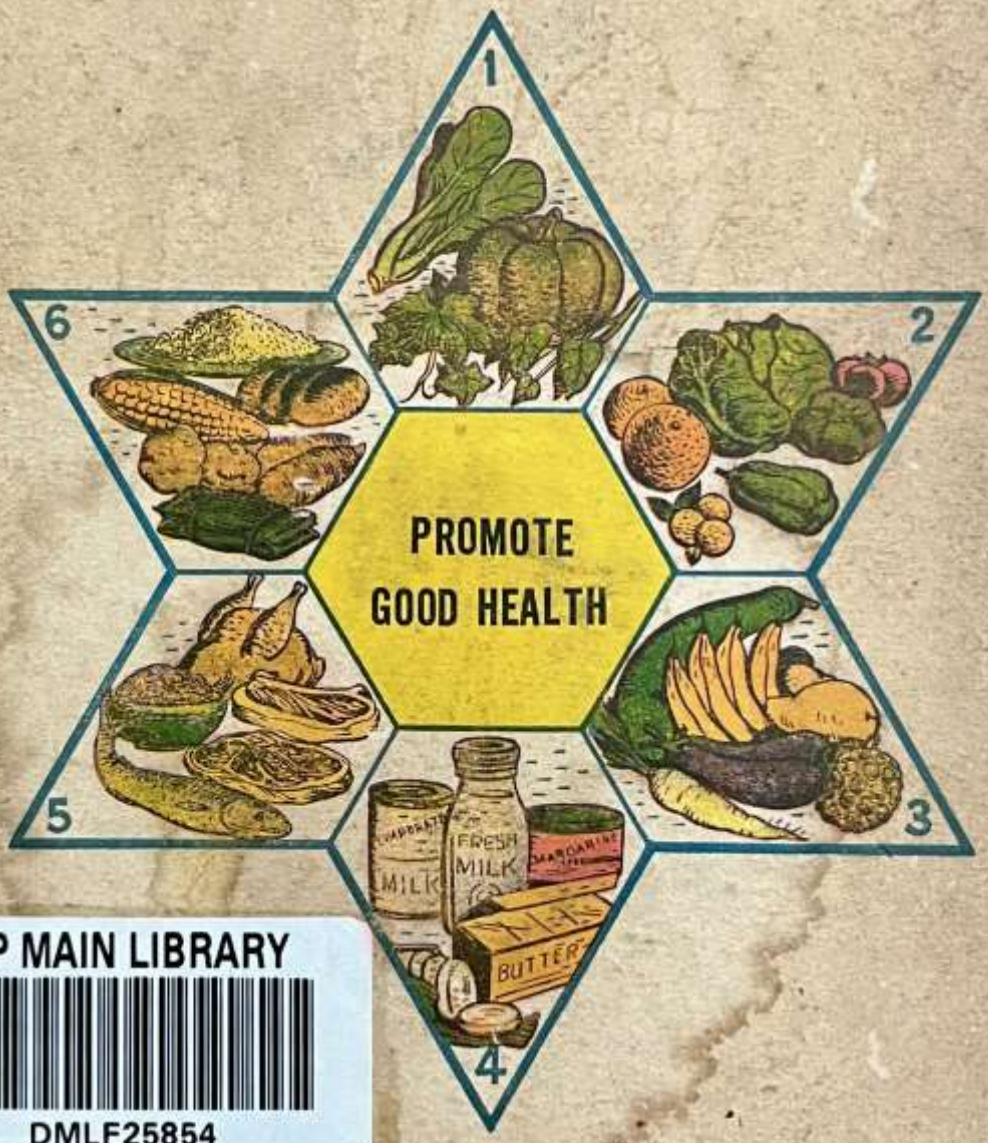
KITCHEN-TESTED RECIPES

FROM

THE RECIPE AND MENU TESTING LABORATORY



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REPUBLIC OF THE PHILIPPINES
INSTITUTE OF NUTRITION
DEPARTMENT OF HEALTH

HANDBOOK No. II

September, 1952

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INSTITUTE OF NUTRITION
HANDBOOK No. II

KITCHEN-TESTED RECIPES

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FOREWORD

A good cook book is like an extra pair of hands to help with your cooking, a personal shopper to direct your buying and a friendly dietitian to guide your meal planning. Through its wise use the members of your family not only enjoy the meals you prepare, but reflect the health and good spirits that come from well balanced meals properly cooked. The art of planning meals, tastefully prepared and served is the joy and the pride of every homemaker. The newer knowledge of nutrition has opened a new world to her and today her meals are both nourishing, palatable and attractive. This cook book offers a host of good recipes based on the BASIC SIX FOOD GROUPS and is the answer to many perplexing problems that confront her in the selection and preparation of adequate meals for her family. Planning the whole day's menus around the Basic Six is a new idea brought to near perfection only in the last few years. A knowledge of the BASIC SIX FOOD GROUPS makes for simple yet adequate and economical meals.

It has been a very frequent practice in the past to base food selection on whims and fancies of the different members of the family rather than on food value and the individual food needs of each member. Today, people are more nutrition-minded and take cognizance of their need for different groups of food for that optimal state of nutrition that they know will give them "optimum resistance to disease, optimum conservation of the factors of safety and powers of repair, and optimum length of life with optimum efficiency."

Skill and interest in cookery were virtues which the Filipino woman acquired in the good old days from a home-loving mother. Cookery skill was a matter of practice. Today, with more and more standardized recipes, things are different. A good recipe can spell the difference between a dish that is an epicure's delight from that which is the despair of everyone.

The recipes in this cook book are kitchen tested in the Recipe and Menu-testing Laboratory of the Institute of Nutrition. Many are original combinations based on old recipes but modified by using foods rich in vitamins and minerals. Other recipes are from collections compiled from local and foreign sources, but each recipe included in the booklet is chosen for its adaptability to the Filipino food habits and with special emphasis on locally produced and home grown foods.

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GROUP I.—LEAFY GREEN AND YELLOW VEGETABLES

ALUGBATI WITH BAGOONG

1½ cups alugbati
¼ cup pork, boiled and cut into cubes
1 tablespoonful bagoong na alamang (salted shrimps)
2 tomatoes, chopped
½ onion, sliced
1 tablespoonful lard
1 segment garlic, minced

Sauté garlic until brown. Add onion, tomatoes, pork and bagoong. Season to taste; cover and cook until pork is tender. Add water and let boil. Lastly, add alugbati leaves, cover and cook for 3 minutes. Serve at once.

ALUGBATI SALAD

Wash and sort alugbati (about 2 cups). Boil ½ cup of water. Add alugbati and cook 2 minutes. Transfer to a plate and marinate with ¼ cup vinegar, 2 tablespoonfuls sugar, 2 teaspoonfuls salt and a dash of pepper. Garnish with slices of tomatoes, onions and boiled egg. Serve at once.

BAMBOO SHOOTS WITH ALUGBATI AND SHRIMPS

1 cup bamboo shoots (previously cooked)
4 cups alugbati (tender stem and leaves)
3 ripe tomatoes, sliced
2 tablespoonfuls lard
2 sections garilc, minced
½ onion, sliced
1 cup shelled shrimps
1 cup shrimp juice
Salt and pepper

Sauté garlic in lard. Add onion, tomatoes and shrimps. Season with salt and pepper. Add shrimp stock and stir continuously until it boils. Add alugbati, bamboo shoots and boil 3 minutes. Serve hot.

BOUQUET OF FIVE COLORS

12 large cabbage leaves separated from the head
Boned breast of 1 chicken
3 pieces ham (3" x 3")
4 dried Chinese mushrooms
3 pieces gherkin pickles
2 boiled carrots
1 tablespoonful finely minced onions
12 water chestnuts
4 eggs
4 tablespoonfuls cornstarch
2 tablespoonfuls soy sauce
2 cups chicken stock
Salt and pepper to taste

Wash each cabbage leaf separately. Place the leaves in a wire strainer and blanch by pouring boiling water over them.

Soak the dried mushrooms 5 minutes in water and remove the stems. Chop the chicken, water chestnuts and mushrooms. Mix together with the minced onions, one egg and cornstarch. Season with salt and pepper. Set aside, until needed.

Separate egg yolks from whites. Beat lightly with a fork. Make into paper thin omelets by cooking in slightly greased pan. Cut the egg omelets separately into strips, also the gherkins and the carrots. Take a cabbage leaf and spread a thin layer of the chicken mixture on this. In straight rows, arrange alternate layer of the five colors (ham, gherkins, egg white, egg yolk and carrots). Roll like a jelly roll taking care to make each roll as small as a finger. Make all twelve rolls. Arrange in a small pan, place in a steamer and steam for half an hour.

Remove the rolls from the steamer. Cool for a few minutes, cut off the ends then slice each roll into one centimeter pieces. Place these slices side by side as a lining for a saucer or small cereal dish. Pack the center tightly with the vegetable trimmings to fill the dish. Return to steamer and steam 10 minutes. Just before serving, turn the saucer upside down into a larger soup tureen or Chinese bowl and pour hot chicken stock around the bouquet.

BULANGLANG

¾ cup pork
½ cup sliced banana heart
½ cup malunggay leaves
⅓ cup squash leaves
1½ tablespoonfuls bagoong
1 eggplant
3 cloves garlic
½ slice onion

Slice pork and boil until tender. Put in a frying pan to extract the fat. Sauté garlic, ginger and onions. Season with bagoong (preferably fish bagoong). Add the water in which the pork has been boiled, and the banana heart cut into two-inch cubes. When the heart is tender, add eggplant and squash leaves. Add malunggay leaves last. Cover and simmer until the vegetables are done, but not overcooked. Serve hot with broiled bañgus on top, if desired.

CARROT BOAT SALAD

1 dozen carrots
½ cup shredded cabbage
½ cup crushed pineapple
¼ cup chopped peanuts
4 tablespoonfuls mayonnaise
Lettuce leaves

Select medium sized and firm carrots. Wash and scrape them. Scoop out the centers and shape the carrots to look

like small boats. Place the carrot boats in a small pan and steam for 10 minutes.

Mix the cabbage, pineapple and the mayonnaise. Fill the boats with this mixture sprinkle with chopped nuts. Arrange on a platter lined with lettuce leaves. Serve cold.

CHOP SUEY

½ kilo lean pork cut into pieces
1 celery head, cut crosswise very thin
1 sliced onion
1 small cabbage shredded
1½ tablespoonfuls salt
1 cup mushrooms
2 tablespoonfuls toyo
Lard
Cornstarch

Cover the bottom of the frying pan with lard. When lard is hot, add the pork and sauté for 10 minutes. Add all the other ingredients in the order given and cook for 15 minutes. Thicken slightly with cornstarch.

CLAM SOUP WITH PEPPER LEAVES

3 cups clams (tulya)
1 cup pepper leaves (washed and sorted)
Ginger (2 thin strips)
8 cups rice washings
½ small onion, sliced
3 segments garlic, macerated
3 tablespoonfuls lard
Salt and pepper

Wash the clams and allow to drain. Sauté the garlic ginger and onions in hot lard. Add the clam, and lastly the rice washings. Cover and let the mixture boil for three minutes. Add the pepper leaves and cook 2 minutes longer. Season with salt and pepper. Serve hot. Recipe for 10 servings.

CLAM SOUP WITH MALUNGGAY

3 cups clams (tulya)
1 cup malunggay leaflets (washed and sorted)
Ginger (2 thin strips)
Salt and pepper
½ small onion, sliced
3 segments garlic, macerated
3 tablespoonfuls lard
8 cups rice washings

Wash the clams and allow to drain. Sauté the garlic ginger and onions in hot lard. Add the clam, and lastly the rice washings. Cover and let the mixture boil for three minutes. Add the malunggay leaflets and cook 3 minutes longer. Season with salt and pepper. Serve hot. Recipe for 10 servings.

COLE SLAW

1 small head of hard cabbage
½ cup olive oil
Salt and pepper to taste
3 medium sized carrots shredded
¼ cup vinegar
1 teaspoonful sugar

Shred the cabbage and carrots. Mix the vinegar and oil, sugar, salt and pepper and pour on the shredded cabbage and carrots. Chill before serving if possible.

DINENGDENG—1

½ cup kadyos seeds (black eyed beans)
1¾ cups papaya, green sliced thin
1 medium fried bañgus
¾ cup malunggay leaves
2 tablespoonfuls bagoong
1 teaspoonful ginger, minced

Clean the fish, and broil it. Cook the dried beans in enough water. When the beans are soft, add the papaya, ginger, strained bagoong, fish and malunggay leaves. Serve hot.

DINENGDENG—2

2 cups kadyos (dried or fresh from pods)
¼ cup bagoong
2 cups sitaw or ayap
2 cups okra
2 cups onions
2 cups tomatoes
⅓ cup malunggay
1 bañgus

Wash the vegetables. Clean the fish and cut into serving portions. Boil the kadyos in 2 quarts water until soft. Prepare the okra, sitaw or ayap by cutting them into one inch pieces. Separate malunggay leaves from stem. Chop the tomatoes and onions. Broil the fish.

To the boiled kadyos, add the sitaw, cover and cook for 3 minutes. Then add the strained bagoong, onions, tomatoes, and okra and cook 2 minutes longer. Do not stir the vegetables. Add the malunggay last, cover the pan and cook 2 minutes longer.

DINENGDENG—3

2 cups saluyot leaves
1 cup cooked bamboo shoots cut into strips
2 tablespoonfuls bagoong
2 cups water
¼ cup cooked alamang or tiny shrimps
2 tablespoonfuls lime juice (cabuyao)

Boil the water. Add bagoong, bamboo shoots and saluyot leaves. Cover and cook until done. Add alamang, lime juice

or calamansi juice. Besides bamboo shoots, paayap, ampalaya fruit and eggplant make nice combinations with saluyot.

FISH BALLS WITH PETSAY

2 cups milk fish (bañgus)
3 tablespoonfuls chopped onion
4 tablespoonfuls cornstarch
Green onions for garnish
1 egg, beaten
⅛ teaspoonful pepper
1 teaspoonful salt
2 tablespoonfuls patis
2 cups petsay cut into one inch slices

Remove the scales and all internal organs of the fish. Beat it lightly with the blade of the bolo to loosen the bones. Cut it open from the back and wash well. Then scrape the flesh, being careful not to include the small bones. Put the fish in a mixing bowl.

Prepare the fish stock by boiling the head, the big bone, and the skin in a sauce-pan, with 3 cups of water. Strain. Prepare the fish balls. Add the chopped onion to the fish in the bowl. To this mixture, add the salt and pepper, egg, cornstarch and form into balls. Drop one by one into the boiling fish stock. When done, add the green onions cut into small rings, and the petsay. Cook two minutes longer. Season to taste with patis. Serve hot.

GINATAANG KALABASA

2 cups kalabasa cut into cubes (1" × 1")
⅓ cup shrimps
1 coconut
4 segments garlic
½ slice onion
2 teaspoonfuls salt
1 tablespoonful sugar
1 tablespoonful lard

Pare the squash and cut into cubes. Shell the shrimps. Grate the coconut and extract 1 cup thick coconut milk. Set aside. Extract again another cup for cooking. Sauté the garlic, onion, and the shrimps. Add the coconut milk (second extraction) and keep stirring until it boils. Add the squash and cook until done. Before taking it from the fire, add the thick coconut milk. Before serving, add a little sugar to taste. Serve hot. If a salty flavor is desired, add salt and omit the sugar.

KINTSAY WITH SOYBEAN CAKE AND SHRIMPS

1 big bunch of kintsay
½ kilo of shrimps
2 pieces tokwa
1 tablespoonful toyo
2 tablespoonfuls lard
1 onion

Cut the kintsay into 1½ inches long. Cut the tokwa lengthwise. Then the onion. Peel the shrimps and cut lengthwise.

Chop also the shells and the head, add water, and strain.

Fry the tokwa first. Then add the onion, add the shrimps and the toyo. Cover and cook till the shrimps are done. Add the kintsay and cover again until a little dry. Then add the water where the pounded shells of the shrimps have been soaked. Stir continuously. Cook for a few minutes and serve. Do not overcook the kintsay. Remove from the fire when it is half cooked.

KULITIS GISADO

1 cup squash (cubes)
1 cup kulitis
⅔ cup pork
⅓ cup shrimps
2 tablespoonfuls onions
1½ teaspoonfuls garlic
⅛ teaspoonful pepper
1 tablespoonful lard
1½ teaspoonfuls salt
½ cup shrimp water

Sauté the garlic and onions in the lard. Add the pork and shrimps and the shrimp water. When done, the squash is added. Cover and cook until squash is almost tender and lastly add the kulitis. Serve hot.

LAKSA

3 cups banana heart, sliced finely
2 cups string beans, cut 2 inches long
2 segments garlic
1½ cups sotanghon (soaked)
1 tablespoonful salt
2 cups young squash stem and leaves
1 cup boiled pork
2 tablespoonfuls lard
½ onion sliced
5 cups pork stock

Sauté garlic in lard. Add onion, pork, banana heart and string beans. Season with salt. Add pork stock and boil until string beans are half done. Add sotanghon and young squash stem and leaves. Add more salt if necessary. Cook until done. Serve hot. Recipe for 8 servings.

MEAT WITH ALUGBATI

3 cups alugbati (stem and leaves)
3 ripe tomatoes, sliced
2 tablespoonfuls lard
2 segments garlic, minced
½ onion sliced
1 cup chopped beef
4 cups water
Salt and pepper to taste

Sauté garlic in lard. Add onion, tomatoes and beef. Season with salt and pepper. Add water and cook for 20 minutes. Add alugbati, boil 3 minutes. Serve hot.

MUNGGO GISADO WITH AMARGOSO TIPS

4 tablespoonfuls lard
1 tablespoonful garlic
½ cup onions
½ cup tomatoes
1 cup shrimp water
5 cups boiled munggo from 2 cups raw
1 cup sliced boiled pork
⅓ cup shrimps
1 cup amargoso tips
salt

Sauté the garlic, onions, tomatoes, and shrimps in a little lard. Add the sliced pork, and the boiled munggo. Add the shrimp water, cover and bring to a boil. Add the amargoso tips washed and sorted and cook 2 minutes longer. Season with salt.

MUNGGO GISADO WITH MALUNGGAY LEAFLETS AND TIPS

4 tablespoonfuls lard
1 tablespoonful garlic
½ cup onions
½ cup tomatoes
1 cup malunggay leaflets
5 cups boiled munggo from 2 cups raw
1 cup sliced boiled pork
⅓ cup shrimps
1 cup shrimp water
salt

Sauté the garlic, onions, tomatoes, and shrimps in a little lard. Add the sliced pork, and the boiled munggo. Add the shrimp water, cover and bring to a boil. Add the malunggay leaflets washed and sorted and cook 2 minutes longer. Season with salt.

MUNGGO GISADO WITH SQUASH VINE TOPS

4 tablespoonfuls lard
1 tablespoonful garlic
½ cup onions
½ cup tomatoes
1 cup shrimpt water
5 cups boiled munggo from 2 cups raw
1 cup sliced boiled pork
⅓ cup shrimps
1 cup squash vine tops
salt

Sauté the garlic, onion, tomatoes, and shrimps in a little lard. Add the sliced pork, and the boiled munggo. Add the shrimp water, cover and bring to a boil. Add the squash vine tops washed and sorted and cook 2 minutes longer. Season with salt.

MUNGGO SPROUTS WITH PETSAY AND CABBAGE

1 cup munggo sprouts, washed and sorted
½ cup sliced boiled pork
½ cup shrimps sliced thin
2 tablespoonfuls lard
½ cup sliced cabbage
2 segments garlic minced
1 tablespoonful chopped onion
½ cup sliced tokwa (soybean cake)
2 tablespoonfuls toyo
1 cupful shrimp juice
½ cup petsay

Sauté the garlic, onion and shrimps in lard. Add the pork, munggo sprouts, tokwa and toyo. Cover and cook until munggo sprouts are almost tender. Add 1 cup of shrimp juice (made by pounding the heads and shells of shrimps, soaking these in water and straining them) and boil. Lastly, add the cabbage and the petsay. Boil the mixture again for about 13 minutes longer. Serve at once.

PICADILLO WITH MALUNGGAY

1½ cups ground beef
2 tablespoonfuls lard
½ cup minced onion
1 quart water
1 cup tomato (fresh or canned)
1 cup malunggay leaves
Salt and pepper to taste
½ tsp. minced garlic

Sauté the garlic and onions in a little lard. Add the tomato and ground beef, and a quart of water. Bring to a boil malunggay leaves and cook three to five minutes. Serve hot.

PICADILLO WITH PEPPER LEAVES

1½ cups ground beef
2 tablespoonfuls lard
½ cup minced onion
1 quart water
1 cup tomato (fresh or canned)
1 cup pepper leaves
Salt to taste

Sauté the garlic and onions in a little lard. Add the tomato and ground beef, a quart of water and bring to a boil. Cook until the meat is tender. Season with salt, add pepper leaves, cover and cook three to five minutes. Serve hot.

PICKLED KANGKONG

3 cups kangkong leaves and tender stems washed and cut into 2"–3" length
1 small piece ginger, cut into strips
Pepper
1 small onion, sliced
2 teaspoonfuls salt
2 tablespoonfuls sugar
½ cup native vinegar (diluted with equal amount of water)

Mix vinegar, salt, pepper, sugar, ginger and onion in a saucepan and let boil. Do not stir. Drop first the kangkong stems, cover and boil for 5 minutes; then add the leaves. Cover and cook until done. This recipe goes well with Fried Chicken, Pork Chop or Chicken Adobo.

"PUMPKIN" ICE CREAM

2 cups boiled, mashed and strained yellow pumpkin (kalabasa)
4 cups of scalded milk
1 cup of sugar
1 teaspoonful finely chopped calamansi rind

Mix the scalded milk with the mashed pulp, add sugar and calamansi rind. Freeze in an ordinary ice cream freezer. Serve in scooped out orange cups.

SQUASH IN ENRICHED RICE RING

¼ medium-sized squash, peeled and cut into ½ inch cubes
⅓ cup shrimps, shelled
½ cup diced pork
2 segments garlic, minced
¼ head medium-sized onion
3 cups boiled or steamed enriched rice
½ cup rich coconut milk from first extraction
4 large shrimps (with shells for garnishing)
½ cup malunggay leaflets, (washed and sorted)
Salt and pepper to taste
4 to 6 sprigs of parsley for garnish
½ cup shrimp broth from pounded shells and heads of shrimps

Extract fat from the pork. Sauté garlic and onion, shrimps and lean pork. Season with salt and pepper. Add the shrimp broth and cover until squash is almost done. Add rich coconut milk and let boil for 3 minutes. Lastly, drop in the malunggay leaves and cook further for 2 minutes. Remove from fire. Mold cooked rice in a large ring mold. Fill in center with creamed squash. Garnish attractively with 4 whole large shrimps (unshelled) and parsley. Serve hot. Recipe for 4.

TALINUM WITH CRABS

1½ cups talinum
½ cup crab meat (boiled and flaked)
1 tablespoonful lard
1 section garlic, minced
1 cup stock from boiled crabs
1 onion, sliced
1 tomato, chopped
2 teaspoonfuls toyo
½ teaspoonful pepper
2 cups sitaw 1 inch long
2 tablespoonfuls green onion, cut fine

Sauté garlic, onion, tomato and crab meat. Season with toyo and pepper. Add the sitaw and the stock. Cook until the sitaw is done. Add talinum and green onions; boil once and serve hot.

TALINUM SALAD

Wash and sort talinum (about 2 cups). Boil ½ cup of water. Add talinum, cover and cook 2 minutes. Transfer to a plate and marinate with ¼ cup vinegar, 2 tablespoonfuls sugar, 2 teaspoonfuls salt and a dash of pepper. Garnish with slices of tomatoes, onions and boiled egg. Serve at once.

GROUP II.—VITAMIN C-RICH FOODS

AMPALAYA SALAD

Use garden-frehs big ampalaya fruit. Wash well. Slice very thin. Serve with sliced tomatoes seasoned with patis or bagoong sauce. Ampalaya served raw is an excellent source of ascorbic acid.

ATIS ICE CREAM

3 ripe atis
½ cup sugar
1 pint milk

Remove seeds from atis. Scald the milk and add sugar. When cold, strain and add fruit. Freeze and serve.

BALIMBING-ADE

½ cup balimbing juice
1 cup cold water
¼ cup sugar

Wash balimbing and cut into small pieces. Press through sieve or squeeze in coarse cloth to obtain juice. Mix juice with water and pour over cracked ice. Add sugar to taste.

CALAMANSI ADE

¼ cup sugar sirup
⅓ cup calamansi juice
Ice water

Add strained fruit juice to sirup, cool, dilute with ice water, and add sirup to taste.

COMPLEXION SALAD

1 cup grated raw carrots or grated raw papaya (the papaya is yellow, mature but not soft)
1 cup of shredded raw cabbage (blanched)
5 tablespoonfuls mayonnaise
½ cup chopped peanuts
Fresh lettuce leaves or outer leaves of cabbage
Salt and pepper

Drain the vegetables. Mix them in a bowl; add salt and pepper. Chill. Just before serving add the mayonnaise and half of the peanuts. Arrange the lettuce on a plate or platter or if the outer leaves of the cabbage are used, put the cole slaw inside the leaves as a whole cabbage. Garnish the top with carrot sticks or with boiled eggs set on a topping of mayonnaise. Recipe for 6.

DUHAT JUICE

To one cup duhat from which seeds have been removed, add one cup water and strain through cheesecloth. Add one fourth cup sirup to one fourth cup of duhat juice and two ice cubes. If a slightly pink color is desired instead of the deep purple, add two tablespoons calamansi juice.

EMERALD CLOCK SALAD

2 cucumbers, medium
2 carrots, medium
2 cans sliced pineapple
2 sweet red pepper
Green food color
2 bunches of gulaman dissolved in 4 cups of water
1 bunch of kintsay, celery or parsley
1 cup mayonnaise

Choose fresh green cucumbers, about 1 inch in diameter. Pare and cut 13 round slices of the cucumber. Scallop the edges with a vegetable cutter or knife. Drain the pineapple and divide six of the slices to make twelve scallops for the edge of the emerald clock. Cut the rest of the pineapple scrape and grate the carrots. Set aside until ready to use.

Dissolve 2 pieces of gulaman in four cups of water. Add the calamansi juice, pineapple juice and strain. Add the grated cucumber, carrots and sliced pineapple to the first mixture. Season with salt and pepper to taste. Add five drops of green food coloring to the gulaman and pour the green mixture into a round gelatine mould. Set to cool.

When ready to serve, garnish the emerald clock with the cucumber slices. Use thin red pepper strips for the hour and minute hands. Arrange the pineapple halves around the border of the clock. Kintsay or Chinese celery leaves are lovely for the center of each slice.

Serve with mayonnaise or any desired salad dressing.

FRUIT COCKTAIL

2 cups diced ripe papaya
6 tablespoonfuls lemon or calamansi juice
2 cups diced pineapple
2 tablespoonfuls sugar

Mix the ingredients and chill for ½ hour before serving.

FRUIT PUNCH

3 sliced oranges
1 cup lemon juice or calamansi juice from 30–40 medium size calamansi
1 cup tea infusion
4 quarts-water with ice
½ cup crushed pineapple
2 cups medium sirup (4 cups sugar and 2 cups water)

Combine the medium sirup with all the other ingredients (except ice). Pour over block of ice in punch bowl and serve. Serves 20.

GUWAYABANO-DUHAT PUNCH

3 cups soursop juice (guwayabano)
3 tablespoonfuls duhat juice
1 cup sugar
3 cups water

Mix ingredients and stir them until sugar is dissolved. Pour over cracked ice and serve.

LIME JELLY

2 bundles gulaman (16 grams weight)
4½ cups cold water
½ cup lime juice
2 cups sugar

Boil water and add gulaman until it is dissolved. Add sugar. Green coloring may be added if desired. Pour into individual molds for dessert or pour into ring mold. Chill. Unmold into a platter on a bed of greens and fill center with scooped melon, mangoes, avocado and watermelon.

MANGO SUPREME

12 ripe mangoes
2 quarts milk
2 cups sugar
½ cup pinipig or ground peanuts

Choose six well-ripened mangoes with clean unblemished skin, and place in the refrigerator until serving time. Scald the milk; add sugar; strain the mixture and cool. Mash and pass through a sieve the pulp of the other 6 mangoes. Add to the milk mixture and pour into an ice cream freezer. Freeze. (Use 1 part salt to 8 parts ice for a smooth, satiny mixture).

Toast the pinipig until crisp. Just before serving time, slice the mangoes into halves. Place in a flat saucer and put two scoops of ice cream between the two halves like a sandwich. Sprinkle toasted pinipig or ground nuts on the ice cream and serve immediately. Commercial mango ice cream may be used instead of the homemade ice cream. Recipe for 2 gallons.

MELON BALL COCKTAIL

Cut cantaloupe or Spanish melons into ½ inch slices crosswise. Peel carefully, remove all seeds. Arrange one ring in each

plate. Fill the center of each ring with ¼ to ½ cup of melon balls. This is a very colorful cocktail if orange balls from Spanish melons are mixed with green balls made from cantaloupe. For a dressing, use half a cup of calamansi juice, two tablespoons sugar and a tablespoon of sherry wine. Chill before serving.

PAPAYA RING SALAD

1 medium-sized ripe papaya
Whipped cream
2 cups fruit mix (depends on fruits in season)

To make papaya rings, wash and chill one whole papaya. Cut crosswise half an inch thick. Set on a salad plate, fill the center with chilled fruit salad. Garnish with a topping of whipped cream prepared from evaporated milk. Serve at once.

PINEAPPLE DELIGHT

If pineapple is to be served in the shell, cut the fruit in halves or quarters lengthwise and remove the pulp with a sharp knife. Cut out the tough core and cut the pulp in wedges or shred it. Refill. Mix with orange sections or sliced bananas sweetened to taste and refill pineapple shell. Chill. Just before serving garnish with fresh strawberries or red papaya balls.

SUHA RELISH

Peel ripe native pomelo (suha) with extreme care. Pomelos are very delicate in flavor and tend to become bitter if the knife touches the pulp. Remove white membrane covering from each segment with the finger. Arrange pomelo slices in a dish. Chill. Just before serving pour the following dressing:

4 tablespoonfuls vinegar
1 tablespoonful sugar
1 pinch salt

Pomelos have to be eaten with the finger for if teaspoons or forks are used they take on a bitter flavor.

TOMATO AND SALTED EGG SALAD

3 salted eggs
1 bunch of lettuce: head of lettuce or ordinary
1 onion
3 big tomatoes
1 tablespoonful vinegar
1 tablespoonful olive oil
1 tablespoonful sugar
Salt and pepper to taste

Shell the eggs and chop fine. Wash the lettuce and tomatoes and cut fine. Mix all together with the chopped onion. Mix the sugar, vinegar, salt and oil and pour over the egg mixture. Serve at once.

TOSSED GREEN SALAD

1 head lettuce
1 cup cooked string beans, drained
3 tomatoes
2 cups diced, cooked potatoes
1 peeled onion, sliced
Few grains pepper
2 hard-cooked eggs, sliced
1 peeled garlic bud, finely minced
¼ teaspoonful granulated sugar
½ cup vinegar with 3 tablespoonfuls tomato sauce
1 teaspoonful salt

Break up the thoroughly washed lettuce and arrange in the salad bowl. Arrange alternate layers of the string beans, tomatoes cut in eights, the potatoes and onion. Thoroughly toss the salad with a dressing made by beating together the remaining ingredients with a fork. Garnish with hard cooked eggs. Serve 6. To serve 2 or 3, make half this recipe.

GROUP III.—SUCCULENT FRUITS AND VEGETABLES

AMPALAYA WITH EGGS

1½ cups ampalaya, sliced thin crosswise
2 to 4 tablespoonfuls lard
1 teaspoonful minced garlic
¼ cup minced onion
½ cup sliced tomatoes
¼ cup of water
2 eggs (beaten slightly)
Salt and pepper

Wash the ampalaya, cut lengthwise and remove the seeds and soft pulp. Cut the ampalaya into thin slices crosswise. Sauté the garlic and onions in 2 tablespoonfuls lard. Add the tomatoes and the water, cover and cook for 2 minutes. Add the sliced ampalaya, cover and cook for 3 minutes. Season with salt and pepper. Add the beaten egg, spreading all over the vegetables. Cook over a slow fire until the eggs are slightly firm. Add an extra 2 tablespoons of lard if necessary to keep the eggs from sticking. Stirring squeezes more of the bitter flavor of the vegetables and makes the dish unpalatable. The tip of a fork may be used to remove the eggs sticking to the pan.

NOTE—Avoid stirring except to turn once during cooking.

AVOCADO ICE CREAM

Cut 2 large avocados in halves, scrape meat and pass through sieve. Scald one pint milk with ½ cup sugar and when cool add to avocado and freeze.

AVOCADO SALAD

Reserve one avocado half. Cut remaining half into lengthwise slices and remove skin. Sprinkle fruit with lemon or lime juice and salt. Place shredded salad greens in a bowl and arrange avocado slices, sliced cucumbers, tomatoes and uncooked carrot strips over greens. Place avocado half in center of bowl and fill with mayonnaise. Serve French Dressing separately.

BAMBOO SHOOT SALAD

1 cup cooked bamboo shoot (cut into thin narrow strips)
Patis or bagoong sauce to taste
1 tablespoonful calamansi or lemon juice
Tomatoes, sliced

Add calamansi juice to patis or bagoong sauce. Use this to season the bamboo shoot. Garnish with sliced tomatoes.

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BANANA BLOSSOM SALAD

2 cups banana blossom cut into pieces
Sliced tomatoes
Patis or bagoong sauce to taste
1 tablespoonful vinegar

Boil banana blossom until soft. Season with patis or bagoong and vinegar. Garnish with sliced tomatoes.

CAULIFLOWER WITH CRABS

2 medium size bunches of cauliflower
½ small onion
½ cup crab meat (from 2 crabs)
½ cup cabbage cut into about half inch squares
1 medium size carrot sliced thin
2 tablespoonfuls toyo (soy sauce)
5 tablespoonfuls lard
2 segments garlic, minced
½ cup meat stock or water
1 teaspoonful flour
1 teaspoonful pepper
5 sprigs of parsley

Wash the cauliflower and separate into flowerets. Drop in small amount of salted boiling water, cover and boil for 3 minutes; drain. Sauté garlic, onion and cauliflower in lard; add the cabbage and carrot. Season with toyo. Add the meat stock or liquid, cover until all vegetables are tender. Add the crab meat. Thicken with cornstarch or flour and season with pepper. When done, remove from fire and serve hot. Garnish with parsley. Recipe for 3.

CUCUMBER BASKETS

Pare cucumbers if skin is thick. Divide the cucumber into three slices. With a silver fork make parallel grooves lengthwise on cucumber. Cut two parallel lines crosswise but only midway of the cucumber, leaving the handles for the basket. Scoop out the inside of the baskets leaving a thin slice at each end to hold the salad. Cut the scooped part into cubes. Marinate with French Dressing, refill and chill. Arrange the baskets on nest of lettuce leaves and garnish strips of red pepper or tomatoes by running the strips around the handle.

CUCUMBER AND TOMATO SALAD

Pare cucumber if skin is thick. Cut in 2-inch pieces. Make cuts as if for thin slices but do not cut all the way through. Insert thin slice of tomato in each cut. Serve on lettuce with French Dressing.

EGGPLANT OMELET

4 large eggplants
5 tablespoonfuls lard
2 segments garlic (minced)
1 small onion (chopped.)
Salt and pepper
2 medium tomatoes (chopped)
¼ kilo ground pork
2 eggs beaten
¼ cup bread crumbs

Broil the eggplants, remove skin leaving the stem intact. Set aside. To prepare the filling: Sauté garlic, onion, tomatoes and ground pork. Season with salt and pepper. When done remove from fire. To fill the eggplant, slit lengthwise, and pat into each eggplant a sufficient amount of the filling. Then dip the eggplant into well-beaten eggs and bread crumbs and fry. Serve hot.

FRUIT SAVOURIES

½ cup cubed chicos
Canned sliced pineapples, drained and cut into half circles.
Bananas—peeled and cut into lengthwise slices
2 cups grapes, peeled and seeds removed
Papaya yellow (not fully ripe)
Peanuts and mayonnaise

Mix the grapes and the chicos. Arrange on a mound in the center of a plate. Mix the papaya cubes with a little sugar and calamansi juice and arrange around the center mound with the chicos. Put the pineapple like scallops around the outer edge of the fruits and the bananas that have been slightly spread with mayonnaise and rolled into chopped peanuts. Chill before serving. The bananas are set on top of the mound of grapes and chicos.

GISADO DE AMPALAYA

½ kilo ampalaya
¼ kilo shrimps
¼ kilo pork
¼ kilo sotanghon
1 onion, sliced
2 pieces of garlic
2 to 3 tablespoonfuls lard
4 regular sized tomatoes (cut into small pieces)

Divide the ampalaya and remove the seeds. Slice them into pieces. Peel the shrimps. Cut them into small pieces. Slice the pork into small pieces. Soak the sotanghon in water and when soft cut it into two inches long. Sàuté the onions, garlic, and tomatoes in the frying pan. Then drop the pork followed by the shrimps. When soft, add the sotanghon and after a few minutes, drop the sliced ampalaya followed by the adding of water and enough patis to taste. Boil all this together until cooked.

LUMPIA

CHINESE LUMPIA

Mix ½ kilo pork meat (ground), ½ kilo chopped shrimps, apulid, mushrooms, chives, salt and pepper, egg yolks and toyo. Wrap in lumpia wrapper into very small rolls and fry in deep fat. Serve with sweet sour sauce.

SAUCE: Mix vinegar, water, sugar and salt. Pour in a pan then add 1 tablespoon catsup or tomato sauce. When boiling, thicken the sauce with a little cornstarch and water. Add one small sliced pepper and a little chopped garlic.

FRESH LUMPIA WITH PEANUTS

¼ kilo pork
½ cup shrimps (shelled)
½ head medium size cabbage (cut fine)
1 small onion, sliced
3 sections garlic, macerated
1 cup ground roasted peanuts
2 tablespoonfuls toyo (soy sauce)
1 small bundle kintsay
2 medium size carrot, diced
2 medium size yellow kamote (diced)
1 cup abitsuwelas (sliced)
3 tablespoonfuls lard
1 cup shrimp juice from pounded shells and head of shrimps
2 squares tokwa (diced)
20 lumpia wrappers
20 lettuce leaves

Extract the fat from the pork. Sauté garlic, onion and tokwa. Add the pork, shrimp, abitsuwelas carrots, cabbage and yellow kamote. Season with toyo. Cook until done. Set aside in a platter to cool. Add the kintsay, sprinkle half of the amount of ground peanuts and wrap in individual wrappers with lettuce. Before closing each wrapper sprinkle about 1 teaspoon more peanuts into each wrapper and serve with Brown Sauce. (See recipe page 28).

FRITO—LUMPIA

½ cup, chopped pork meat
1 cup chopped beef meat
½ cup chopped ham
½ cup boiled garbansos or potatoes in cubes
2 tomatoes (cut into pieces)
1 onion (minced)
1 laurel leaf
3 cloves garlic (pounded)
2 eggs (hard boiled and cut into pieces)
½ cup water
1 tablespoonful paminton
1 box raisins (small size)
2 hard cooked eggs (sliced)

Sauté garlic, onions, tomatoes. When light brown, add meat, bay leaf, paminton and water. Cover and simmer until meat is tender. When nearly cooked, add garbansos and raisins.

Before wrapping let it cool. Add hard boiled eggs and wrap in lumpia wrapper. Fold two ends well. Fry until golden brown. Serve with garlic, vinegar and salt.

MACAO—LUMPIA

Paste: For every heaping cup of flour use:

½ tablespoonful lard
½ teaspoonful salt
2 tablespoonfuls or more water

Stuffing:

10 cooked shrimps
½ cup cooked mushrooms
1 cup apulid
½ cup ham
} Cut into small squares

⅓ kilo liampo (pork)-chopped to paste
Lard
Green onion
Garlic
Toyo
1 egg

Mix the paste into a stiff dough. Let stand for ½ hour after kneading thoroughly. Sauté the pounded garlic, then the chopped pork, apulid, mushrooms, shrimps, 1 tablespoonful toyo, ham and green onions. Roll out the paste very thinly. Cut with a round biscuit cutter. Place a small portion of the filling in the center of each round paste. Ruffle the sides around the filling like an open rose. Arrange each lumpia in a tin plate sprinkle cold water over them. Place in a steamer, then steam for one-half hour. Serve with soy sauce.

MUNGGO SPROUT LUMPIA

1 cup munggo sprouts, washed, and sorted
½ cup sliced boiled pork
½ cup shrimps, sliced thin
½ cup sliced cabbage
2 segments garlic, minced
1 chopped onion
½ cup sliced tokwa
2 tablespoonfuls toyo
1 cupful shrimp juice

Sauté the garlic, onion and shrimps in lard. Add the pork, munggo sprouts, tokwa and toyo. Cover and cook until munggo sprouts are almost tender. Add 1 cup of shrimp juice (made by pounding the heads and shells of shrimps, soaking these in water and straining them) and boil. Lastly add the cabbage and boil the mixture again for about 3 minutes longer. Remove from the fire and wrap about 2 tablespoonfuls of the

mixture in each lumpia wrapping. Serve with pounded garlic and lumpia sauce made as follows:

8 tablespoonfuls water
1 tablespoonful brown sugar
4 tablespoonfuls flour
1 teaspoonful toyo

Make a smooth paste from the above by mixing all ingredients thoroughly and cooking the mixture, stirring constantly until thick.

UBOD LUMPIA

1 cup lard
4 sections garlic
1 small size onion, sliced
¼ kilo boiled pork diced
¼ kilo boiled shrimp, shelled
2 strips ham, if desired
2 medium sized carrots, cut in strips
3 tablespoonfuls toyo sauce
25 lumpia wrappers
1 cup string beans
½ kilo cabbage, shredded
½ cup boiled garbansos
¼ medium sized ubod, boiled in salted water until tender, cut in strips.
½ cup shrimp juice from pounded shells and heads of shrimps
25 lettuce leaves, washed

Extract fat from the pork. Sauté garlic and onion. Add the pork, shrimp, carrots, string beans, cabbage, garbanzos and cook until done. Set aside in a platter to cool. Wrap in individual wrappers with lettuce and serve with Brown Sauce.

BROWN SAUCE

1 cup water
2 tablespoonfuls starch
¼ cup toyo
4 tablespoonfuls sugar
1 teaspoonful salt

Add sugar, toyo, water and salt. Bring to a boil. Dissolve cornstarch in ¼ cup water and add to the first mixture. Cook over a low fire for one minute, add two tablespoons of broth. Serve with finely minced garlic.

PICADILLO WITH SAYOTE

½ cup ground pork
2 tablespoonfuls onion
½ cup diced sayote
½ cup water
1 teaspoonful minced garlic
1 tablespoonful lard
1 teaspoonful salt
1½ tablespoonfuls tomatoes

Sauté garlic, onions, tomatoes and ground pork. Sauté well. Add sayote and ½ cup of water. Cover and boil until sayote is cooked. Season with salt. Serves 4.

PINAKBET

⅔ cup pork
10 small shrimps
2 ampalaya
1 eggplant
⅔ cup patani
⅓ cup tomatoes
⅛ slice onion
Ginger
1 tablespoonful lard
1 tablespoonful bagoong

Slice the pork and boil in a little water until tender. Shell the shrimps. Remove white inner section of ampalaya and cut it into two-inches lengths. Cut the eggplant in the same way. Slice onion, ginger and tomatoes. Put pork into frying pan and extract the fat. Sauté ginger, onion and tomatoes; add to pork, the shrimps and the bagoong to taste. Add the broth where pork has been boiled. Cover and allow the mixture to simmer for a short while; then add the patani and continue cooking. Add ampalaya; cover, but do not stir to keep the bitter flavor from saturating the broth. Add the eggplant on top of the mixture; cover again, and serve hot.

RADISH WITH SHRIMPS

3 cups grated radish
½ cup fresh shelled shrimps
½ cup shrimp juice
¼ cup vinegar
2 teaspoonfuls salt
1 teaspoonful pepper
4 tablespoonfuls green onion, cut fine
2 tablespoonfuls lard
2 segments garlic
½ onion sliced

Sauté garlic in lard. Add onion and shrimps. Season with salt and pepper. Add shrimp juice and continue stirring until it boils. Add vinegar and boil for a while. Add grated radish, cover and cook for 5 minutes. Add green onion, mix well and remove from fire. Serve hot.

SAYOTE GISADO

2 sayote, cut into cubes
1 segment garlic
2 tablespoonfuls lard
½ onion, sliced
⅓ cup boiled pork, cut into small pieces
⅓ cup shrimp stock
Salt

Sauté garlic in lard. Add onion, pork and shrimps. Add shrimp stock. Season to taste. When it boils add sayote and cook until done.

UPO GISADO

¼ kilo pork
1 medium upo
2 segments garlic, crushed
4 tablespoonfuls patis or bagoong sauce
6 medium ripe tomatoes chopped very fine
½ medium onion, chopped
½ teaspoonful atsuwete

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Select a tender cut of pork, such as pork chops. Separate the lean from the fat and grind separately. Peel upo and cut into thin slices ½ inch long. Fry the pork fat, add garlic, and fry until brown. Add the lean pork and fry until brown. Add patis or bagoong sauce together with chopped tomatoes and onion. Add sliced upo for a few minutes. Add atsuwete or paprika. Then stir. Cover and cook for 5 to 10 minutes or until upo is done.

VEGETABLE MACEDOINE

- 4 tablespoonfuls lard
- 1 tablespoonful garlic
- ½ cup onions
- 1 cup pork (cut into strips)
- 2-⅔ cups sweet potatoes
- ⅓ cup shrimps (shelled and halved)
- 4 cups string beans (cut into diagonal strips)
- 3 cups cabbage, sliced
- 1 cup kintsay (cut in 1 cm.)
- 2 cups shrimp water
- Lettuce washed and used as bedding

Sauté the garlic, onions in a little lard. Add the boiled pork and shrimps and shrimp water, and bring to a boil. Add the sweet potatoes, cover and cook 5 minutes. Add the string beans and cook 2 minutes longer. Cover. Add cabbage just before removing from the fire. Line a bowl with clean lettuce leaves, put the cooked vegetables in the center. Serve with Brown Sauce (see page 28).

GROUP IV.—MILK AND CHEESE; BUTTER AND OTHER FAT-RICH FOODS

BAKED CHEESE IN BANANA LEAVES

Clean and wipe a large piece of banana leaf about one foot square. Wrap a whole piece of Laguna cheese. Place on top of hot coal or in the broiler of your oven for ten minutes. The fresh spring odor of the burning leaves imparts to the cheese a delicious aroma. The cheese cooked in banana leaves is delicious when served with fried rice and wonderful for picnics.

BOILED PEANUTS IN SHELL

Wash unshelled peanuts. Boil in a container of salted water until soft. Lower fire. Drain water. Leave the peanuts to dry on the stove.

BUNUELOS

1/3 cup margarine
1 cup pastry flour
½ teaspoonful salt
1 cup boiling water
4 eggs
Lard

Boil water, add lard and salt. Add the sifted flour and stir in one direction. Cook until the mixture leaves the sides of the pan very clean. Remove from the pan and leave the mixture to cool. Then add eggs, unbeaten, one at a time. Stir well and drop the mixture by tablespoonfuls in deep hot lard. Drain and roll in sugar.

BUTTER ICING FOR SPONGE CAKES

1 pound butter
1½ cups sugar
1 can evaporated milk (large size)

Cream the butter and the sugar adding the milk little by little until smooth.

CHEESE AND PIMIENTO SANDWICH

¼ cup chopped olive (12 large pitted)
2 tablespoonfuls mayonnaise
3 tablespoonfuls pimiento, chopped fine
12 slices, loaf bread, sliced thin
¼ cup cheese spread
¼ cup softened butter
lettuce

Combine olives, mayonnaise and pimiento. Spread 6 slices of bread with cheese and the other 6 with butter. Spread but-

tered slices with the olive mixture. Arrange lettuce leaves on top of this and top with bread spread with cheese. Cut each sandwich in half diagonally.

COCONUT MACAROONS

½ cup sweetened condensed milk
2 cups grated fresh coconut
1 teaspoonful vanilla

Combine all ingredients. Drop by spoonfuls on an oiled cookie sheet about one inch apart. Bake at (350° F.) for 10 minutes or until delicately browned. Remove from the pan at once. Yield: 2 dozens.

DEVIL'S FOOD CAKE

4 squares chocolate
⅔ cup brown sugar
1 cup milk
1 egg yolk
3 egg whites
1 cup brown sugar
1/3 cup butter
2 cups bread flour
¼ teaspoonful salt
1 teaspoonful soda
½ cup milk
2 teaspoonfuls vanilla
2 egg yolks

Melt chocolate, add ⅔ cup sugar, 1 cup milk, and 1 egg yolk, slightly beaten. Stir and cook over hot water until smooth. Set aside to cool. Beat egg whites until stiff, beat in ½ cup sugar, and set aside. Cream butter and add remaining sugar gradually, while beating constantly. Add 2 egg yolks, well beaten. Mix and sift flour, salt and soda and add alternately with ½ cup milk to butter mixture. Add chocolate mixture and vanilla. Beat well and fold in egg whites. Turn into 2 buttered and floured 7-inch square pans and bake 35 minutes in moderate oven (350° F.). Remove from pans and cover with white or chocolate frosting.

FRIED LAGUNA CHEESE

Slice day old native cottage cheese. Fry in greased pans until crisp and brown. Serve for breakfast with your cereal. Cheese is an excellent source of protein.

GOLD CAKE

½ cup butter
1 cup sugar
1 egg
5 egg yolks (1/3 cup)
½ teaspoonful vanilla
1-¾ cups flour
2-½ teaspoonfuls baking powder
¼ teaspoonful salt
½ cup milk

Cream butter and add sugar gradually, while beating constantly; add egg yolks and well beaten egg. Mix and sift dry ingredients and add alternately with milk to first mixture. Add vanilla, turn into buttered and floured 9 x 12-inch pan. Bake 45 minutes in moderate oven (350° F.)

LECHE FLAN

6 egg yolks
1 cup sugar
2 cups scalded milk
1 lemon rind or vanilla for flavoring

Scald the milk in a double boiler for 15 minutes. Beat the egg yolks with the sugar, milk and water. Add flavoring. Pour into mold lined with caramelized sugar. Place this in a bigger pan half filled with water and bake until the mixture becomes firm. Cool, unmold and serve.

MACARONI A LA BREMONTIERE

1 box macaroni
2 tablespoonfuls butter
1 cup tomato sauce
¼ pound grated cheese
2 eggs
1 Bilbao sausage
¼ pound ham
Pepper
Salt to taste

Break macaroni into 2-inch lengths and boil for about 20 minutes in water and salt. When soft, remove from the fire and allow to stand in cold water for 5 minutes. Drain and mix with butter, cheese, ham, tomato sauce, egg yolks, salt and pepper. Fold in egg whites. Sprinkle grated cheese and bake.

MAKAPUNO ICE CREAM

4 cups of fresh or evaporated milk
1 makapuno
1 cup of sugar

Scald the milk. If evaporated milk is used dilute with water to a proportion of one to one. Add the sugar and grated makapuno to the milk and freeze.

MAKAPUNO MERENGUE

1 makapuno (sport coconut)
3 egg whites
1 pinch of anis
1-½ cups of sugar
¼ teaspoonful of baking powder

Remove the syrupy part of the makapuno. Grate the makapuno or chop the soft meat. Beat the whites until stiff and dry. Add the sugar little by little, then the anis. Fold in the

makapuno. Drop by spoonfuls in greased baking sheets and bake in a slow oven until the merengue is dry.

MANTECADO ICE CREAM

4 cups fresh carabao milk
1 cup sugar
4 egg yolks
1 pinch finely minced calamansi rind

Scald the milk. Cool, add the yolks, sugar and rind. Freeze in a well scalded ice cream freezer.

PASTILLAS DE LECHE

1 cup ground peanuts
¾ cup milk
⅔ cup sugar

Mix all the ingredients together and cook over slow fire stirring constantly to avoid burning. Cook until thick. Sprinkle sugar on a bread board and spread the mixture with a rolling pin. Cut into desired shape.

PEANUT BRITTLE

2 cups sugar
1 cup chopped, roasted peanuts
Few grains salt

Melt sugar in heavy pan, stirring constantly until it is a thin sirup. Add nuts and salt. Stir until well coated and spread thinly in greased pan. When nearly cold, mark in squares.

PLAIN BUTTER CAKE

⅓ cup butter
1 cup sugar
2 eggs, well beaten
½ cup milk
1-¾ cups flour
½ teaspoonful salt
½ teaspoonful vanilla
2 teaspoonfuls baking powder

Measure all ingredients. Sift flour before measuring. Out of sugar called for in recipe reserve 1 tablespoon for each egg white used. Have eggs at room temperature.

Take butter from refrigerator long enough in advance so that it is easy to work but not melted. Work with wooden spoon until soft and creamy. Add remaining sugar gradually, beating until light.

If eggs are to be added whole, beat thoroughly and add reserved sugar. If eggs are to be separated, beat whites until

stiff but not dry, beat in sugar reserved for the purpose, and set aside; beat yolks thoroughly with same beater. Adding eggs whole makes a fine texture cake and adding the whites last makes a very light cake.

Add beaten eggs or yolks to butter and sugar mixture. Add dry ingredients and liquid alternately. Beat thoroughly but do not stir. Fold in egg whites, if eggs were separated. Pour into buttered loaf or two 8-inch layer cake pans and bake 20 to 30 minutes in moderately hot oven.

POLVORON WITH POWDERED MILK

½ box cornstarch
1 cup milk powder
¾ cup sugar
½ pound butter
1 teaspoonful lemon extract

Toast starch until light brown on a carajay by stirring constantly over moderate fire. When starch is cold, add sugar, powdered milk and melted butter. Mix well and mold in chocolate molds. Wrap in wax paper.

TOASTED PEANUTS

Shell. Spread one layer deep in shallow pan. Heat in moderate oven (375 ° F.) 15 to 30 minutes, depending on size of nut and amount of browning desired. Stir often while heating. For plain peanuts, cool, slip off skins by pressing between thumb and forefinger. Add oil (one teaspoon per cup of nuts) and place over low heat, shaking or stirring nuts constantly until coated and warm. Spread on absorbent paper and sprinkle with salt while warm.

VANILLA ICE CREAM

1 quart thin cream
1½ tablespoons vanilla
¾ cup sugar

Scald cream, add sugar, cool, flavor and freeze.

GROUP V.—MEAT, FISH, POULTRY, EGGS OR DRIED BEANS

BATSOY

¼ cup each of diced liver, kidney, heart and beef loin
Lard
Patis to taste
A pinch of pepper
1 small piece ginger cut into fine strips
2 segments garlic, crushed
1 small onion, sliced
3 bundles misua

Sauté the garlic and onions until brown. And the kidney, the heart and beef loin. Cover and simmer for about 5 minutes. When tender add the liver, broth or water and misua. Season with patis and pepper and serve hot.

BAGOONG NA ALAMANG WITH GREEN MANGOES

Green mangoes when in season make a very good relish for luncheons when served with bagoong. Cook half a cup of bagoong na alamang in one tablespoon of lard, 1 tablespoon of minced onions and ¼ cup sliced fresh tomatoes. Slice or grate the green mangoes, arrange as a border around the bagoong.

BAGOONG NA DILIS

Choose 6 fresh tomatoes, slice, add ½ of an onion, chopped and ¼ cup of fresh bagoong na dilis colored with angkak. This makes a very good sauce for sinigang.

BAÑGUS SA TOCHO

1 fish
1 cube tahure (2" x 2" x ¼")
2 cm. cube ginger
2–4 teaspoonfuls vinegar
½ onion
2 tomatoes
2 cloves garlic, sliced crosswise
½ cup lard

Fry the fish until half done. Mash the tahure in a little water and vinegar. Sauté the garlic, onions, tomatoes, ginger, and add the tahure mixture. Drop in the fish and add enough water. Boil for about 3 minutes.

BEEF STEAK

½ kilo tenderloin cut into ¼ inch slices
3 tablespoonfuls lard or olive oil
Salt and pepper to taste
1 tablespoonful soy sauce

Rub the steak with salt and pepper. Heat the griddle, add the lard. When the fat is hot, drop the steak. Cook two to three minutes, then turn on other side. Remove the steak to a platter, brown the onions in the lard in which the steak was cooked, add the toyo and pour this sauce over the steak before serving. Garnish the platter with fried potatoes. This steak is very good when served with lettuce salad.

BINAGIS

2 cups pork
¾ cup liver
1½ cup heart
¾ cup kidney
2 teaspoons garlic, minced
¼ cup onion, sliced
1 large red, sweet pepper cut into strips

Boil the pork until tender. Cut the pork into small slices. Do the same with the liver, heart and kidney. Sauté the garlic, onion and pork. Then add the heart and kidney. Season with vinegar and salt. When almost done, add the liver and red sweet pepper. Serve hot.

BRAIN OMELET

1 cup pre-cooked brains, diced
1 teaspoonful sliced onion
2 tablespoonfuls lard
1 medium-sized tomato
2 segments garlic, minced
2 sprigs parsley
3 eggs, slightly beaten

Wash brains in cold water. Simmer for 15 minutes in water to which one teaspoon of salt has been added. Drop into cold water. Drain and remove all fibers. Sauté garlic, onion tomatoes and brain in a frying pan. Season with salt. Remove mixture from the fire and when partially cool, add the slightly beaten eggs. Heat lard in a clean frying pan and cook one-third of the brain mixture. When evenly browned, carefully turn the omelet and cook the other side. Do the same with the rest of the mixture. Garnish with parsley.

CHICKEN ADOBO

1 chicken
5 cloves garlic
1 cup vinegar
10 pieces pepper corn
2 tablespoonfuls salt
5 tablespoonfuls lard

Cut the chicken into convenient sizes. Stew the chicken in a mixture of vinegar, crushed garlic, salt, peppercorn and bay leaf (optional). When tender, remove the liquid and brown the chicken in lard. Add the liquid and cook over moderate heat until tender.

CHINESE BOILED LAPU-LAPU WITH PICKLE SAUCE

1 medium-sized lapu-lapu
½ cup sweet pickles (cut in strips)
1 medium sized onion, sliced
½ cup vinegar
2 fresh tomatoes (cut into strips)
1 teaspoonful dry mustard
1 tablespoonful flour
1 teaspoonful salt
2 tablespoonfuls butter
15 green onion leaves sliced thin crosswise
1 cup fish stock

Clean the fish, place in a pan and pour enough boiling water to cover it. Put onion leaves, ginger, salt and pepper on top. Cover tightly and cook for five minutes over a low fire. Cool, remove to a hot platter.

Melt butter in a sauce pan, add flour, salt, pepper and mustard. Add the one cup fish stock (liquid in which the fish has been cooked) a little at a time, stirring constantly. Add the vinegar and let boil. Don't stir until the vinegar has boiled. Lastly, add the onions, pickles, tomatoes and green onions. Pour hot sauce over the fish and serve at once. Garnish with green onion curls. Prepare by cutting the green onion leaves at the cut ends into strips. Place leaves in cold or ice water until ready to serve.

DUCK'S EGGS SARCIADO

6 duck's egg (hard boiled)
1 can of tomato sauce
½ teaspoonful curry powder
1 small onion
Salt to taste
1 tablespoonful lard

Cut the hard boiled eggs into four pieces lengthwise. Sauté the onion then add the tomato sauce. Boil for two minutes. Season with salt and curry powder. Pour sauce over egg slices arranged on a dish.

EMBUTIDO

Grind one kilo pork, add salt and pepper to taste. Put four tablespoons flour and one egg. Mix together. Take a piece of clean cloth, spread the mixture and put sliced pickles,

hard boiled eggs and chorizo de Bilbao. Then form it into a roll, wrap it in the cloth. Tie the cloth at both ends. Then boil (mixture tied in cloth) in broth. When cooked, put it inside the refrigerator overnight. Unwrap before serving and slice. Serve with tomato sauce.

FISH WITH SWEET SOUR SAUCE

Dredge a regular sized apahap with flour on both sides and fry. Place in a platter and pour the following sauce:

Sauté garlic, ginger, onion and pepper all cut into strips in a little lard. When cooked add:

- ½ cup vinegar
- 1 tablespoonful sugar
- 1 tablespoonful starch
- 1 tablespoonful toyo

Mix all together and cook over a low flame until slightly thick.

FRIED AYUNGIN

- 12 ayungin
- ½ cup lard
- Salt to taste

Clean the ayungin, salt, and set aside for ten minutes. Heat the lard, drop the fish and fry until brown.

HASA-HASA WITH TOMATO SAUCE

- 3 large hasa-hasa, fried
- ½ onion sliced
- 1 segment garlic
- 3 large tomatoes
- 2 tablespoonfuls lard
- Salt and pepper

Use left-over hasa-hasa. Sauté the garlic, onion and tomatoes in the lard. Cook five minutes, season with salt and pepper to taste. Pour over the fish.

KARI-KARI

- 1 calf's leg (pata) well cleaned
- 2 bundles of sitaw (at 10 strings each bundle cut into 2 inches long
- 1 banana bud (puso ng saging) sliced finely crosswise
- 1 big onion sliced
- 5 tablespoonfuls lard
- 3 teaspoons of garlic, crushed
- 2 tablespoonfuls seeds of atsuwete in ½ cup of water
- 5 regular sized eggplants cut into 1" square
- ⅓ cup powdered toasted rice
- 1 cup toasted peanuts crushed fine or peanut butter

Boil enough water to clean the calf's leg. Cut the calf's leg into desired size. Wash thoroughly then put in a sauce

pan, cover with water; boil until tender and set aside. Put the frying pan on the stove and sauté the garlic, onions and tender calf's legs. Pour the mixture in the saucepan adding a pinch of salt to taste. Let this boil, adding the sliced banana heart. When the banana bud is a little bit tender, add the sitaw, then the eggplants. Extract the coloring from the atsuwete in a cup of water, and add this colored water to the mixture. Add the powdered rice and peanut stirring thoroughly to avoid sticking.

Usually this is eaten with sautéd bagoong (alamang) with pork.

LIVER A LA CREOLE

3 tablespoonfuls salad oil
1 pound sliced beef or calf liver
1 heaping tablespoon flour
1 large onion, sliced in rings
1 green pepper, cut in rings
Salt and black pepper
2 cups hot water

Heat salad oil in frying pan and fry onions rapidly for 10 minutes. Remove from pan to a plate; make a sauce with remaining oil and flour and brown well. Add onions, fry until brown. Put liver in with the sauce and stir until liver is coated. Then add very slowly 2 cups of hot water. Add salt. Lastly add the green pepper. Cook for a few minutes more and serve.

LIVER STEAK

Season 8 thinly sliced pieces of calf's liver with salt and soak in oil for a while. Sprinkle with fine bread crumbs. Heat lard in which 2 sections of macerated garlic is browned; then fry in it slices of liver. When liver is brown arrange them neatly on a platter surrounded with fried shoestring potatoes.

Blanch a large tomato and chop fine. Prepare ¼ cup finely chopped ham and cook in the same lard used for frying the liver. When ham is cooked, add the tomato and pour this gravy over the fried liver.

MEAT LOAF

2 cups ground beef
½ cup ham
2 cups pork
2 eggs
4 tablespoonfuls butter or margarine
1 cup bread crumbs
2 pimientos or red pepper
1 cup tomato sauce
¼ cup raisins
Salt and pepper

Mix the ground pork, ham, beef, bread crumbs, beaten eggs, raisins and tomato sauce. Season with salt and pepper. Grease a loaf pan and pack the mixed ingredients. Bake in 400° F. oven. When baked garnish with pimientos, boiled eggs, and parsley. Serves 12.

MENUDO

1 cup pork (cut in cubes)
⅓ cup liver (cut in cubes)
½ cup tomatoes (chopped)
1 tablespoonful garlic (minced)
Dash of pepper
⅓ cup onions (chopped)
¼ cup potatoes (cubes)
1 tablespoonful lard
1 ½ tablespoonfuls salt
Dash of paprika

Cook pork in one cup of water until tender. Remove pork from stock and cook the potatoes in it.

Fry pork in lard until light brown. Remove the pork and in the lard extracted from the pork sauté garlic, onions, tomatoes. Add pork and liver and continue sautéing for a while (being careful not to overcook the liver). Add the potatoes with the stock. Boil for a minute or two and remove from fire. Season with pepper and salt; add paprika or achuete if a richer color is desired.

MORCON (MEAT ROLL)

½ kilo beef (12" x 16") thinly slice
2 eggs
2 segments garlic
2 pieces of ham (½" x 6")
1 whole onion
1 cup tomato sauce
¼ cup vinegar
12 olives
10 pepper corn
1 piece bay leaf (laurel)
4 slices pork fat
2 pieces sausage (Bilbao or Vienna)
1 quart water

Cut the beef into long thin slice and then pound it. Pound also the garlic and the pepper corn and add vinegar. Soak the pounded slices of beef into the vinegar mixture for a while. Cut hard boiled eggs into halves. Cut the ham, sausage, and fat into long narrow strips and chop the olives. Spread the beef on a wooden board. Arrange in alternate rows, the ham, the pork fat and sausage. Place the eggs and add the olives. Roll and tie with string. Fry in deep hot fat until brown. Add water, bay leaf, onions, tomatoes, salt, pepper corn and stew until tender. Add tomato sauce or catsup to stewing liquid. Remove the roll. Cut into slices and arrange on a platter. Pour sauce on top and garnish with kintsay.

NOTE: Beef for morcon can be prepared by beef dealers in the city market.

PESANG DALAG

1 dalag (cleaned, scrubbed to whiteness)
1 piece crushed ginger about 1 inch long
2 heads of petsay
1 small onion, quartered
1 small head of cabbage
10 pieces of pepper corn
Salt or patis
2 stalks of green onions
2 cups rice water

Clean the fish, scrub on a stone until the dark outer skin is peeled off to reveal the milk white layer underneath. Cut into slices and salt. Put the rice water to boil in a covered pot with the pepper corn, quartered onions and the clean ginger which has been crushed to extract the juice easily. Add the cabbage, the petsay, and the green onions. Boil only once to avoid overcooking; add the fish, making sure that all excess salt has been drained off. Serve hot. This is served with Miso-Tomato Sauce.

MISO-TOMATO SAUCE

12 tablespoonfuls miso (soy-bean curd)
1 tablespoonful lard
1 teaspoonful minced garlic
¼ sliced onions
2 medium sized tomatoes sliced
Salt to taste

Sauté the garlic in the lard, add the onions, and tomatoes and cook for three minutes. Add the miso, mashing the mixture with the back of the basting spoon, cook for two minutes longer and serve on a sauce dish with the PESANG DALAG.

PESANG MANOK

1 chicken cut into 8 portions
4 small sized potatoes
1 small head cabbage
4 cups water
Ginger (1" x 1")
2 tablespoonfuls patis
3 bunches petsay
12 pepper corn

Boil the chicken in water with ginger, and pepper corn until tender. Remove and place in platter. Peel the potatoes cut into quarters and cook in the chicken stock. Boil the petsay and cabbage in the stock, drain and arrange on platter with the chicken and potatoes. Season with salt and pepper. Serve hot with patis and slices of calamansi.

PINAKSIW NA BAÑGUS WITH AMARGOSO

1 bañgus
1 medium sized amargoso quartered lengthwise
¼ cup vinegar
Salt to taste
1 piece ginger

Clean the fish but leave the scales on. Cover the fish with vinegar, salt, and ginger. Cover, and bring to a boil. Add the amargoso. Cook until done.

PINAKSIW NA ISDA

1 bañgus or ½ dozen silinyasi
2 green pepper
¼ cup vinegar
1 piece ginger
Salt to taste

Clean the fish but leave the scales on. Cover the fish with the vinegar, salt, pepper and ginger. Cover and bring to a boil.

PORK ADOBO WITH LIVER

1 kilo pork
½ cup native vinegar
½ kilo liver
Salt and pepper to taste
2 tablespoonfuls soy sauce

Cut liver and pork into two inch cubes: Soak them in vinegar, crushed garlic, salt and pepper for an hour. Cook until tender. Brown the pork and liver in lard and toyo. Add the liquid in which the adobo was boiled. Cook in a low fire until the liquid is reduced to thick brown sauce. Serve with fresh tomato salad.

PUTSERO

½ kilo beef
½ head small cabbage
½ cup garbansos, soaked and cooked
3 bananas (saba)
1 small onion, sliced
2 potatoes, quartered
2 chorizos (Bilbao)
5 tablespoonfuls lard
2 segments garlic, crushed
4 ripe tomatoes or ½ small can tomato sauce
2–3 stalks kintsay
3 stalks green onions
1 cup fresh string beans

Cut the beef into serving pieces and boil with the chorizos, green onions and kintsay. Boil separately the cabbage, potatoes and string beans. When cooked, remove from casserole and use the same water for boiling the bananas, squash and eggplants. Remove skin of garbansos, previously soaked and cooked until tender. Sauté garlic, onion and tomatoes. Add boiled meat and chorizos. Drop the bananas, garbansos, po-

tatoes and other vegetables. Season with salt to taste. Serve with Squash-Eggplant Sauce made as follows:

SQUASH-EGGPLANT SAUCE

½ small squash, boiled and mashed
Salt, sugar and pepper to taste
3 eggplants, boiled and mashed
2 segments garlic, minced
2 tablespoonfuls vinegar

Mix all the ingredients and serve in separate relish dish.

SINIGANG NA ISDA—1

Talakitok or bakoko cut into thick slices
3 large tomatoes, sliced
2 cups mustard leaves, sliced
1 tablespoonful lard
½ teaspoonful minced garlic
1 medium onion, sliced
2 tablespoonful miso (soybeen curd)
3 cups rice water

Clean the fish, cut into slices, rub with salt and pepper. Sauté the garlic, onions and tomatoes in the lard, add the miso, and mustard leaves. Boil rice water, add the sautéd vegetables, then the fish. Bring to a boil, cook five minutes. Serve in soup tureen.

SINIGANG NA ISDA—2

1 bañgus
2 medium tomatoes
1 onion
1 cup sitaw pods cut into two inch lengths
1 cup kangkong or kamote leaves cut into two inch lengths
8 green tamarind pods
2 cups rice water
Salt and pepper

Clean the fish and cut into slices. Boil ½ cup of the rice water in a covered pot with the tamarind. When the tamarind is soft, mash the softened fruit. Strain. Return to the fire, add the rest of the rice water, cover and bring to a boil. When the water is boiling, add the onions and tomatoes, sitaw and the kangkong leaves. Cover again. When the vegetables are almost cooked, add the fish. Season with salt. Serve with bagoong and sliced fresh tomatoes.

SINIGANG NA ISDA—3

1 fish (apahap)
2 tomatoes, medium size
6 pods tamarind
1 banana bud (saba)
Green onions
Salt

Clean the fish and cut into convenient sizes. Boil the tamarind in about 4 cups water. When soft, remove from water mash well with a little water and return the extract to the boiling water. Add tomatoes and onions cut into quarters. When the mixture boils, drop the pieces of apahap. Add the banana bud (cut into quarters, outer layers discarded); and season with salt. Boil until done. If desired, leafy green vegetables (mustard greens, sweet potato greens, etc.), may be used instead of the banana bud.

SINIGANG NA KARNE

- ½ kilo cheap cut of beef with bone
- ¼ kilo pork slices
- 2 medium size gabi cut into big cubes
- 2 medium size radish, sliced and cut 2 inches long
- ½ Medium size onion, sliced
- Kangkong
- 5 green tamarind
- Patis

Simmer beef and pork in enough water or rice washings. Add sliced tomatoes and salt. Cook tamarind in another pan until soft. Mash and strain to get the pulp. Add to the first mixture. Bring to a boil and add more water if necessary. Add gabi and radish. When almost soft, add kangkong leaves Season to taste. Serve hot with patis. Recipe for 5.

STUFFED BAÑGUS

- 1 bañgus
- 3 finely chopped tomatoes
- 1 small potato cut into cubes and fried
- 1 finely chopped onion
- 2 eggs
- 2 sections garlic (chopped fine)
- 1 teaspoonful salt
- 1 small can peas (drained)
- 1 small box raisin
- Salt and pepper to taste

Clean the fish taking care not to cut the skin. Roll the fish on the table pressing on it to soften the meat. Cut through on the back and remove backbone. Scrape the meat with a spoon or knife. Soak skin in a mixture of toyo and calamansi with pepper. Set aside.

Boil bañgus flesh in salt water for 3 minutes. Cook and flake removing all fine bones. Sauté garlic, onions and tomatoes. Add flaked fish, seasoning and cover. Remove from fire and add 1 tablespoon butter or margarine, the peas, raisins, fried potatoes and the beaten eggs. Mix thoroughly. Stuff the fish skin with this mixture and sew the opening. Rub outside with flour and fry in deep hot lard.

STUFFED EGG SALAD

Cut hard-boiled eggs in halves. Remove yolks and put whites aside in pairs. Mash yolks, moisten with butter or mayonnaise. Season to taste with salt, pepper, lemon juice, mustard, and cayenne. Refill whites with the mixture.

TAMALIS NA "IPON"

Mix ipon, ginger, vinegar and salt. Wrap with banana leaves. Boil with little water.

TINOLANG MANOK

1 medium sized chicken
2 cloves garlic, crushed
1 onion, sliced
2–3 tablespoonfuls patis or soy sauce
Salt and pepper
5 potatoes, medium sized
5 cups water
5 tablespoonfuls lard
1 cup sili leaves, washed and sorted

Cut the chicken into pieces. Heat lard in a sauce pan and sauté the garlic and onion. Add patis or soy sauce, cover and allow to simmer over moderate heat. Add water and boil; then add potatoes (cut into quarters) and keep over moderate heat until chicken and potatoes are tender. Season with salt and pepper. Lastly add sili leaves. Serve hot.

NOTE: Green papaya or upo may be used instead of potatoes.

TOASTED DILIS

Heat lard in a frying pan. Drop the dried dilis. Cook until crisp. For 1/4 cup of dilis, use 3 tablespoons lard. Do not put dilis in all at once, but drop little by little to crisp evenly.

TORTILYANG KARNE

½ kilo ground pork
1 potato, cut into cubes
2 eggs well beaten
2 segments garlic, crushed
1 tablespoonful onion chopped
1 fresh tomato, sliced
½ cup stock or water

Sauté garlic, onions and tomatoes. Add the ground pork. Season to taste and cover. Cook until meat and potatoes are tender.

Beat eggs well. Heat the frying pan with little lard. Pour half of the mixture, spread evenly. When one side is cooked, invert the tortilla and cook the other side until egg is well done. Serve while hot. Cook the rest of the mixture the same way.

GROUP VI.—RICE AND OTHER ENERGY-GIVING FOODS

ARROZ A LA FILIPINA

½ cup boiled enriched malagkit rice
½ cup boiled enriched rice
½ small chicken
3 cloves garlic
1 small onion
3 ripe tomatoes
3 tablespoonfuls lard
3 medium sized green pepper
Atsuwete
1 package raisins
1 hard boiled egg

Dress the chicken and cut into small pieces. Slice the tomatoes and the onion. Soak the atsuwete in a little amount of water and set aside.

Sauté the garlic, onion, tomatoes and chicken. Cover a little while and when chicken is brown add water and cook until tender. Then add the sliced pepper and cook for 3 minutes. Add the atsuwete for coloring. When done, add the boiled enriched rice and enriched malagkit and the raisins. Turn the mixture from time to time to prevent burning. Keep on fire for a few minutes. Add a few grains of salt to taste. Garnish with hard boiled eggs and green and red pepper.

ARROZ CALDO WITH CHICKEN

1-½ cups enriched rice
1 small chicken
1 inch cube ginger
2 segments garlic, bruised
1 small onion, chopped
2 stalks green onion
2 tablespoonfuls lard
3 tablespoonfuls patis or soy sauce
6 cups water

Dress and cut the chicken into convenient sizes, wash and clean well. Pare and slice the ginger thin. Sauté the garlic, ginger and onion. Add the chicken and flavor with 3 tablespoonfuls patis or soy sauce. Cover for 2 minutes. Add the enriched rice and water, stirring all ingredients together to avoid sticking to the sides of the pan. Cook in a slow fire for 20 minutes. Add the chopped green onions before serving.

ARROZ CALDO WITH GOTO

1 cup enriched rice
2 cups boiled goto
1 small onion
2 tablespoonfuls patis
2 segments garlic
2 stalks onion leaves
1 pinch pepper

Clean the goto and cook until tender. Add the rice to the liquid in which the goto was cooked. Cook the rice to a porridge consistency. Then add onions, pepper, goto and patis. Fry the garlic until golden brown and scatter on top of the gruel together with the finely shredded onion leaves before serving.

BIBINGKANG GALAPONG (RICE CAKE)

2 cups enriched rice soaked and ground in ½ cup water
1½ cups sugar
3 tablespoonfuls butter or margarine
1 cup rich coco milk
1 teaspoonful baking powder for every cup of the mixture
8 eggs well beaten
Grated cheese

Mix the ground enriched rice and sugar. Add the butter, baking powder and the well beaten eggs with the rich coco-milk. Pour into pie and cake pans lined with wilted banana leaf. The pans should be only two-thirds full. Bake in moderate oven until slightly brown. Sprinkle with grated cheese or sugar. Bake again to finish browning.

BOILED ENRICHED RICE

2 cups enriched rice
3 cups water
1 teaspoonful salt (optional)

Wash the rice once if possible but not more than twice and put into a two quart sauce pan or kettle. Set aside rice washing and use them for stews, soups, sinigang, etc. Add the water and cook over high heat until steam escapes from under the edge of the cover. When most of the water has been absorbed, lower the heat, keep the cover on, and continue steaming the rice until done.

BOILED RICE AND CORN

2 cups rice (enriched)
1 cup corn (ground corn)
1 teaspoonful salt
4-½ cups water

Soak the corn in the water for at least one hour. Add the rice and salt. Cook in the same way as boiled enriched rice.

BOILED UBI WITH COCONUTS

Clean and boil the ube. Place in a sauce pan, cover with water and boil until soft. Peel and slice. Serve with sugar and grated coconut.

CORN SOUP WITH SILI LEAVES

½ cup diced pork
½ cup shelled shrimps
½ onion, sliced
2 segments garlic crushed
4 cups water
1 cup sili leaves, washed and sorted
Salt to taste
3 cups corn, cut from cob

Sauté garlic, onions, pork and shrimps. Add water, cover and let boil. Add the corn, when cooked add sili leaves. Boil 2 minutes. Serve hot.

FIDEOS SOUP

½ cup fideos
1 segment garlic, crushed
½ onion chopped coarsely
3 cups meat or chicken stock or water
Celery or green onions, chopped fine.
Salt and pepper to taste

Sauté garlic and onion.

Add meat stock and let boil. Season with salt and pepper. Add fideos and boil. Serve hot with green onions sprinkled over.

GABI BALLS

1 large gabi (boiled and mashed)
½ cup ground pork fat
½ cup chopped candied kundol
2 eggs
¼ cup sugar
½ cup cornstarch

Mix all the ingredients together. Form into balls and fry in deep hot fat until golden brown. Drain and roll in sugar.

GINATAN

1 coconut
1 cup sugar
3 bananas, saba
2 kamotes
1 gabi
1 ubi (3" x 4")
6 sections langka, cut into strips
1 tablespoonful tapioca

Grate the coconut, extract the milk and set aside. Add 2 cups water to the grated coconut and make the second extraction. Dice the kamotes, gabi, ubi, bananas and langka; add the thin coconut milk, sugar and tapioca and set to boil, stirring occasionally, until done. Add the rich coconut milk before removing from fire.

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MACARONI WITH CHEESE

1 cup macaroni
1 cup tomato sauce
1 tablespoonful grated cheese

Cook and drain macaroni and reheat in Tomato Sauce. Then sprinkle with grated cheese on top.

TOMATO SAUCE

1 cup tomato juice or
1½ cups tomatoes, cooked or canned
Sliced onion
2 tablespoonfuls butter
2 tablespoonfuls flour
Salt, pepper

Cook onion and tomatoes 15 minutes, and strain. Add water or stock to make 1 cup. Brown butter, add flour and when well blended add tomatoes. Bring to boiling point.

MAJA BLANCA

3 cups young corn grated from the cobs
4 cups coconut milk
2 cups rice "galapong"*
3 cups sugar

Mix the coconut milk, rice "galapong" and corn. Strain through coarse muslin cloth. Add sugar. Cook all ingredients together, stirring constantly until thickened. Pour into greased molds, or buttered plates. Allow to cool and slice. Serve with "latik" and caramelized coconut meal.

Latik is made from thick coconut milk by boiling until the oil is extracted. The cheese-like precipitate which forms is cooked to a delicate brown after removing the oil from the pan. This is used for topping.

Caramelized coconut meal is prepared from the coconut left after extracting the milk. For every cup of the coconut meal add ¼ cup sugar. Cook this in a sauce pan until brown. This is good for garnishing ice cream, cookies and salads.

MARUYANG KAMOTE

1 cup flour
2 teaspoonfuls baking powder
1 tablespoonful sugar
Kamote
1 tablespoonful lemon juice
¼ teaspoonful salt
1 egg
¼ cup milk

Mix and sift dry ingredients. Add others in order given; grate kamote then add the other ingredients. Mix well and drop by spoonfuls in deep hot lard. Drain and sprinkle with sugar before serving.

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* "Galapong" is rice flour made by grinding in a stone mill rice soaked in water overnight.

MORISQUETA TOSTADA

2 bowls cooked enriched rice
¼ cup boiled chicken meat and pork
1 teaspoonful garlic
2 tablespoonfuls toyo
4 tablespoonfuls lard
¼ cup crab meat (cooked)
2 tablespoonfuls finely sliced green onion leaves
1 egg, well beaten
¼ cup shrimps (blanched)
1 piece chinese chorizo (fried)

Cut pork into small cubes, mince the chicken and cook in a little lard and toyo. Cut shrimps, chorizo and crab meat into tiny cubes, also the onion leaves. Heat lard in a frying pan, add garlic and fry the rice. Then add part of the beaten eggs and lastly the rest of the ingredients reserving a part for the top garnish. Prepare a thin omelet of eggs and cut into strips. Place the fried rice and meat in a bowl. Sprinkle on top of this mould of rice the finely cut green onion leaves a little fried shrimps and chorizo, and the fine strips of omelet. Serve hot.

PALITAO

2 cups enriched malagkit rice
1 small coconut grated
1 cup sugar
½ cup toasted liñga

Soak the rice for at least 4 hours and grind with the least amount of water to form a stiff dough. Put dough in a cheesecloth and press hard to remove extra water. Form into small balls and flatten with a finger. Drop in boiling water. When they float, skim and drop in cold water to prevent the palitao from sticking to each other. Drain, and serve with grated coconut, sugar and pounded toasted liñga.

PANCIT CON CALDO

½ cup shrimps
½ cup pork, boiled and cut into strips
1 cup miki
½ cup of patis
6 cups broth or water
4 tablespoonfuls lard
2 segments garlic
Salt and pepper
2 tablespoonfuls of green onions, minced
2 tablespoonfuls ham

Shell the blanched shrimps, divide lengthwise. Chop the ham, mince the garlic. Sauté the garlic, shrimps and pork in the lard. Add the shrimp water and broth and boil for half an hour. Add the patis and pepper to taste. Just before serving, add the miki. Pour into a soup tureen, add the chopped ham and green onions.

PANCIT GISADO

1 cup boiled chicken meat
1½ cup chicken stock
1 cup sliced pork
1 cup sliced boiled shrimps
3 chinese sausages
1 cup shredded cabbage
1 cup sliced patola
3 tablespoonfuls toyo
½ cup chinese ham
1 teaspoonful salt
1 cup shrimps liquor
1 tablespoonful flour
1 kilo bijon
4 cloves garlic, sliced
Onion, sliced
Salt and pepper
6 tablespoonfuls lard

Slice the pork, shrimps, chinese sausages and ham in long narrow strips. Heat lard and fry separately the garlic, onion, shrimps, pork, chicken, ham and sausages. Set aside enough of each for garnishing. Mix the rest, season with toyo, and pepper. Cook for one minute before adding the vegetables. Add the chicken stock and boil until almost dry. Soak bijon in boiling water and drain. Mix and serve.

PANCIT LUGLUG

½ kilo dried rice noodles (bijon) (Soak this in cold water 10 minutes, then drain)
½ cup shelled shrimps (blanch this for ease in peeling)
2 cups finely sliced green onions
½ cup lard
4 tablespoonfuls flour soaked in ½ cup cold water for thickening the sauce
2 quarts boiled water or stock
½ cup finely flaked smoked fish (tinapa) (pick small tiny fish bones off)
½ cup sliced, boiled pork
½ cup soybean cake (tokwa) cut into small cubes
1 head garlic (minced)
½ cup chinese celery (kintsay) sliced into half inch bits.
2 cups shrimp juice
Salt and pepper to taste
¼ cup "atsuwete" water
2 hard boiled eggs sliced lengthwise
12 calamansi (halved) remove the seeds with a fork
½ cup powdered crisp cracklings (sitsaron)
Celery leaves for garnish
Patis

Cut the pork, shrimps and tokwa as directed above. Mince the garlic and fry until brown. Drain and set aside. Add the pork to the lard, cook until brown. Add the tokwa and the shrimps. Then add ½ cup shrimp juice, cover and bring to a boil. Add the kintsay and season with salt and pepper. Set this pork-shrimp mixture aside.

Soak the atsuwete in water, squeeze out the color and strain. Add this to the rest of shrimp juice and put the mixture into

a saucepan. Add the flour to the solution, bring to a boil, stirring constantly. Season with salt and pepper. This is the red sauce for the pancit which is called "palabok".

Put 2 quarts of water or stock into a boiler and bring to a boil. Fill a small long handled bamboo or deep wire skimmer with a cup of the rice noodles. Dip the skimmer into the boiling water for one minute. Drain well. Pour the noodles into individual plates or into a large platter. Cover with red sauce. Top the sauce with the pork and shrimp mixture, then sprinkle finely flaked fish and crackling over this. Garnish with slices of eggs, celery leaves and calamansi. Serve hot with "patis" and calamansi juice.

PANCIT MOLO

For the Filling—1 cup ground pork, ½ cup cooked flaked chicken, 5 tbsps. toyo, 2 eggs, 3 tbsps. chopped green onion, pinch of pepper, ½ cup shelled fresh shrimps (sliced), ¼ head medium size garlic (chopped), ¼ medium sized onion (chopped), ¼ cup chopped apulid (Chinese chestnut), either boiled or canned.

Combine all ingredients. Divide the mixture into two and wrap one half of the mixture in Pancit Molo wrappers. Set aside the remaining half for the broth.

To make wrappers: Sift together 2 cups flour and ¼ tsp. salt; add the yolks of 3 eggs and knead with the fingers. Add ¼ cup water and work until the dough becomes very smooth and fine. Roll out on a floured board to a thin sheet about the thickness of paper. Cut in small triangular pieces, about 3″ x 3″.

For rest of pancit—20 cups chicken broth, ½ medium size onion (chopped), ½ head garlic (chopped), pinch of pepper, 3 tbsps. salt, remaining half of the filling, 3 tbsps. green onion (chopped), ¼ cup lard.

Method—Sauté garlic and onions. When slightly brown, add remaining half of the stuffing mixture, and cook for about 5 minutes. Add chicken broth and bring to a boil. Drop stuffed wrappers in the broth. Season with salt and pepper. Cover and boil for 15 minutes. Makes 20 servings.

POTATO CHIPS

Slice potatoes as thin as possible (using vegetable slicer.) Fry in deep hot fat. Drain on paper. Sprinkle with salt before serving.

POTATO SALAD

2 cups cooked potatoes
Few drops onion juice or grated onion
⅓ cup French Dressing
Mayonnaise or cooked dressing

Add onion juice and French Dressing to potatoes (hot or cold). Let stand several hours, if possible. Mix in mayonnaise dressing. Taste and add more seasoning as needed. Arrange in large bowl on lettuce. Garnish with tomato sections, radishes or sliced hard-cooked eggs. Serves 4.

PUTONG PUTI

2 cups enriched rice soaked and ground with 1½ cups water
1½ cups white sugar
3 teaspoonfuls baking powder
½ teaspoonful salt

Knead the ground rice to the consistency of drop or thick batter. Add the sugar, salt and one teaspoonful baking powder for every cup of the mixture. Fill puto moulds (small cups) two-thirds full with the mixture. Arrange in a steamer and steam for half an hour or until done. It is done when a toothpick inserted through it comes out dry. Remove from the moulds and serve with grated coconut.

NOTE.—One cup of cooked rice may be added to the soaked rice and ground together. Allow this to stand overnight. In the morning add the sugar, baking powder, pinch of salt and powdered anis. Then steam in moulds.

ROYAL BIBINGKA

3 eggs
1⅓ cups sugar
1¼ cups coconut milk
2 cups flour
4 teaspoonfuls Royal baking powder
1½ teaspoonfuls salt
Lard or margarine
Grated cheese

Grate the coconut and extract milk by adding enough water to make 1¼ cups of rich milk. Beat the eggs well until light and creamy. Dissolve the sugar in ½ of the coconut milk. Mix and sift dry ingredients and add by spoonfuls to the mixture of sugar and coconut milk. Add the rest of the coconut milk alternately with the dry ingredients. Beat well. Add the well-beaten eggs by cutting and folding. Line two round baking pans with banana leaves. Divide the mixture into the 2 pans. Bake in a moderate oven about 20 minutes. When cooked remove from the oven and brush the top with melted lard and sprinkle with grated cheese.

SAPIN-SAPIN

2 cups enriched flour soaked in 1½ cups water
3 cups white sugar
2 coconuts (5 cups coco milk)
½ kilo ubi, pared, boiled mashed and strained
¼ teaspoonful powdered anis

For the top layer mix 1½ cups thick coco milk, (first extraction), one-half cup rice flour, ⅔ cup sugar. To the rest of the rice, add the remaining coco milk and sugar and stir well. Divide this mixture into 2 parts. Mix one part with the ubi to be used for the middle layer. Use the other part for the bottom layer. Add red food coloring to make it light pink. Boil water in a carajay and place the bamboo steamer on top. Place a piece of thick muslin to line the bamboo steamer and pour on it ¾ cup of pink mixture for the bottom layer. Cover the carajay and steam until firm. Pour one cup of the ubi mixture and steam again. When firm pour the mixture for top layer and steam again. When firm remove from the steamer. Allow to cool. Slice into ½ inch wedges. Arrange on a platter lined with banana leaves. Serve hot or cold, with hot ginger tea and lemon.

STEAMED KAMOTENG-KAHOY

Clean and wash the kamoting-kahoy. Cut into 4 slices. Place in a steamer, cover and steam for an hour or until soft. Serve with sugar and grated coconut.

STEAMED TUGI

Clean and wash the tugi. Cut into 4 inch slices. Place in a steamer, cover and steam for an hour or until soft. Serve with sugar and grated coconut.

TAMALIS

2 cups roasted enriched rice, soaked in 1½ cup water and ground
½ cup brown sugar
1 cup rich coco milk
4 cups diluted coco milk from 2 coconuts
2 duck eggs, hard boiled
¼ kilo pork, boiled
2 slices boiled ham, breast of boiled chicken
2 tablespoonfuls atsuwete seed soaked in ½ cup water
2 tablespoonfuls pepper
2 tablespoonfuls salt
1 cup finely chopped roasted peanuts

Mix the ground rice, diluted coconut milk, sugar, salt and pepper. Cook until smooth and thick, stirring constantly. Add the rich coco milk and stir well until smooth; add the chopped peanuts before removing from the fire. To one half of this mixture add atsuwete, cook and set aside. Prepare wilted banana leaves by cutting into pieces about 10 inches wide. Put 2 pieces of banana leaves together. Place one heaping spoonful of the atsuwete colored mixture in the center of the leaf and another spoonful of the uncolored mixture. Place small slices of pork, chicken or ham with a slice of egg on top, then wrap in the form of a square. Wrap again with a narrow piece of banana leaf and tie around the four sides. Boil water in the cooking vessel that will accommodate all the tamales. Drop the tamales when the water is already boiling. Cover and let boil for half an hour. Transfer to a tray or basket and allow to cool before serving.

TIMBALE NEAPOLITAN

1 package macaroni
2 tablespoonfuls butter
1 big chicken, boiled
1 small beef tongue, cooked
2 cloves garlic
¼ cup sliced onions
1 cup chopped tomatoes
1 cup diced ham
1 chorizo de Bilbao, sliced
1 can mushrooms
2 cans tomato sauce
1 can Vienna Sausage, cut into small pieces
⅓ cup grated cheese
Pimientos
Kintsay

Boil macaroni and cut into half inch long. Arrange the macaroni neatly against the sides and bottom of a buttered pan or mold. Line the whole mold so that the finished product will look like a beehive. Allow to set in an ice box or refrigerator.

Make a paste out of chopped chicken breast, flour, milk and eggs. Spread this very carefully on top of macaroni lining. Fill the mold with the prepared mixture: Sauté garlic, onion and tomato sauce. Add chicken meat boned and cut into small pieces; ham, chorizo, Vienna Sausage and mushrooms. Cook for ten minutes. Season with salt and pepper. When the mold is filled cover the top with macaroni and cheese. Steam for at least one hour in a water bath in the oven. Cool. Unmold on a large platter. Pour tomato sauce with grated cheese around the base of "beehive". Garnish with pimientos and kintsay leaves.

UKOY—1

1 cup grated squash
A few boiled shrimps
⅓ cup corn starch
1½ cup lard
½ cup water
1 teaspoonful salt

Dissolve corn starch in water. Then add the squash and salt. Drop by spoonfuls in deep hot lard at the same time putting a shrimp on top of each. Fry until brown. Serve with a mixture of vinegar, salt, powdered pepper and garlic.

UKOY—2

1 cup flour
1 teaspoonful baking powder
1 egg
1⅔ cups shrimp liquor
1 segment garlic, minced
Flour and baking powder
1 teaspoonful salt
2 tablespoonfuls green onion
12 shrimps (medium)
2 cups mongo sprouts
2 tablespoonfuls atsuwete water for coloring the batter

Mix flour, egg, baking powder, shrimp liquor, garlic and salt. Color with atsuwete soaked in water. Blanch the munggo sprouts and shrimps. Cut the green onion very fine.

Fill a saucer half full of the batter, place 2 tablespoons of the munggo sprouts, sprinkle with green onions and place one whole shrimp in the center. Drop in deep hot fat and fry until golden brown. Serve with a sauce of vinegar, garlic, salt and pepper.

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